

# MEALS ON WHEELS NORTH CENTRAL TEXAS

## MAY 2024 VEGETARIAN

**NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.**

Call or Text 888.869.6325 • Online [www.mownct.org/cancel-my-meal](http://www.mownct.org/cancel-my-meal)

<p><b>11</b></p> 		<p><b>1</b></p> <p>Cheese Ravioli &amp; Spinach Alfredo Sauce Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie</p>	<p><b>2</b></p> <p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Orange Juice</p>	<p><b>3</b></p> <p>Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine Milk Raisins</p>
<p><b>6</b></p> <p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Grape Juice</p>	<p><b>7</b></p> <p>Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Margarine Milk Apple Cereal Bar</p>	<p><b>8</b></p> <p>Macaroni &amp; Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Milk Vanilla Crème Cookies</p>	<p><b>9</b></p> <p>Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans Carrots Whole Wheat Bread Margarine Milk Orange Juice Graham Crackers</p>	<p><b>10</b></p> <p>Cheese Omelet &amp; Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Milk Strawberry Cereal Bar</p>
<p><b>13</b></p> <p>Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice</p>	<p><b>14</b></p> <p>Cheese Manicotti &amp; Alfredo Sauce Bean Blend Butternut Squash Whole Wheat Bread Margarine Milk Fig Bar Cookie</p>	<p><b>15</b></p> <p>Cheese Ravioli &amp; Spinach Alfredo Sauce Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie</p>	<p><b>16</b></p> <p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Orange Juice</p>	<p><b>17</b></p> <p>Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine Milk Raisins</p>
<p><b>20</b></p> <p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Grape Juice</p>	<p><b>21</b></p> <p>Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Margarine Milk Apple Cereal Bar</p>	<p><b>22</b></p> <p>Macaroni &amp; Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Milk Vanilla Crème Cookies</p>	<p><b>23</b></p> <p>Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans Carrots Whole Wheat Bread Margarine Milk Orange Juice Graham Crackers</p>	<p><b>24</b></p> <p>Cheese Omelet &amp; Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Milk Strawberry Cereal Bar</p>
<p><b>27</b></p> <p>Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice</p>	<p><b>28</b></p> <p>Cheese Manicotti &amp; Alfredo Sauce Bean Blend Butternut Squash Whole Wheat Bread Margarine Milk Fig Bar Cookie</p>	<p><b>29</b></p> <p>Cheese Ravioli &amp; Spinach Alfredo Sauce Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie</p>	<p><b>30</b></p> <p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Orange Juice</p>	<p><b>31</b></p> <p>Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine Milk Raisins</p>

\*\*\*This menu is based on product availability, substitutions may be made.\*\*\*